

VITAMIN & MINERAL DEFICIENCY TRACKER

Week Of: _____

Name: _____

| SYMPTOM INDICATOR | M | T | W | T | F | S | S | POTENTIAL DEFICIENCY |
|------------------------|---|---|---|---|---|---|---|----------------------|
| Fatigue / Low Energy | | | | | | | | B12, Iron, D |
| Muscle Cramps / Spasms | | | | | | | | Magnesium, Potassium |
| Brittle Hair / Nails | | | | | | | | Biotin (B7), Zinc |
| Dry Skin / Flaking | | | | | | | | Vitamin A, Omega-3 |
| Mouth Ulcers / Cracks | | | | | | | | B-Complex, Iron |
| Bleeding Gums | | | | | | | | Vitamin C |
| Poor Night Vision | | | | | | | | Vitamin A |

Daily Observations & Supplement Log